

OSHMed Health Magazine

by



913 TIMES
EMERGENCY & MEDICAL ASSISTANCES
IN 2024

ADDITIONAL:

WHICH BLOOD SUGAR TRICKS CAN HELP YOU LOSE WEIGHT • HEALTH SERIES - CHILDHOOD ILLNESSES: *FIFTH DISEASE* • HEALTH & SAFETY: DEFINING DURABILITY: A TECHNICAL GUIDE TO FR/AR APPAREL FOR SAFETY MANAGERS • FUN TIME - JOKE OF THE WEEK • E.M.A. WEEKLY EMERGENCY STATISTICS

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The commitment towards patient care is in the heart of the medical staff of E.M.A.. As a nonprofit organisation we finance us mainly through donation and support from the community.

Over the year 2024 E.M.A. assisted as followed:

- 580 Medical Emergencies
- 278 Traumatic injuries
- 36 Maternity Emergencies
- 19 Paediatric Emergencies

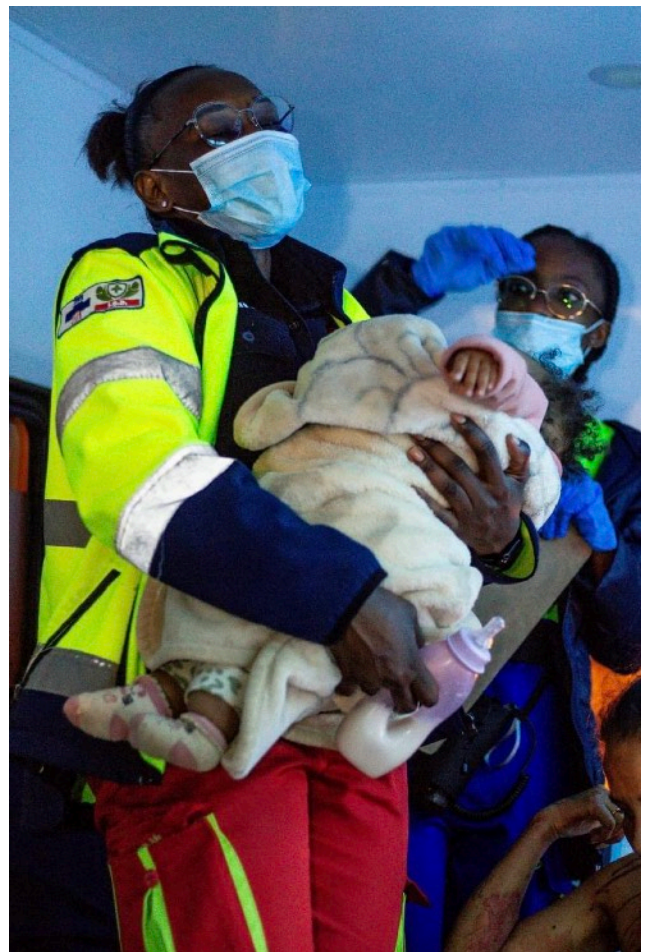
The Level of Care provided was:

- 102 Advanced Care Patients
- 197 Intermediate Care Patients
- 614 Basic Care Patients

E.M.A. is a community service and the only nonprofit organisation for Emergency & Medical Care in Namibia. To fulfil our work, we depend on your support and donations towards our nonprofit organisation.

This opportunity we would like to use the chance to say thank you to our supporters. Our biggest supported is OSH-Med international. With their support in 2024, the work of E.M.A.

would have not been possible. In addition a big thank you goes to M + Z Motors, which supports us with a Mahindra ambulance and the WestCare Medical Centre, who assist us with administration and financial calculation. As a new great sponsor we could welcome TelTech Namibia, which secures good digital communication between our Emergency Control Centre and the medical staff at the emergencies and in the field.



On a daily base our medical team of E.M.A. saves life's and make difficult rescues possible.



See here a the short annual statistics

*start November 2019

- in 2019 we had 124 emergencies
- in 2020 we had 539 emergencies
- in 2021 we had 646 emergencies
- in 2022 we had 740 emergencies
- In 2023 we had 1076 emergencies

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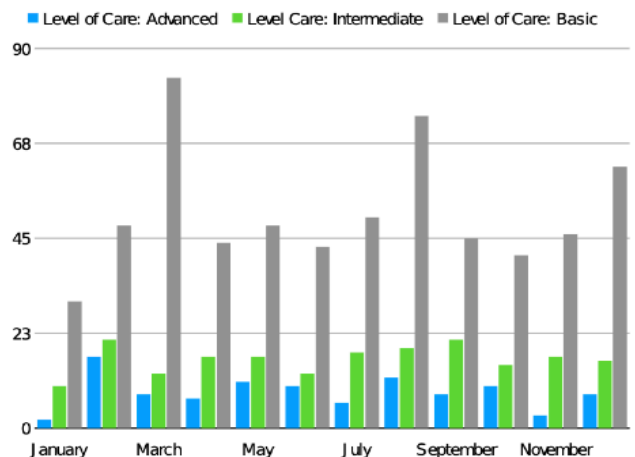
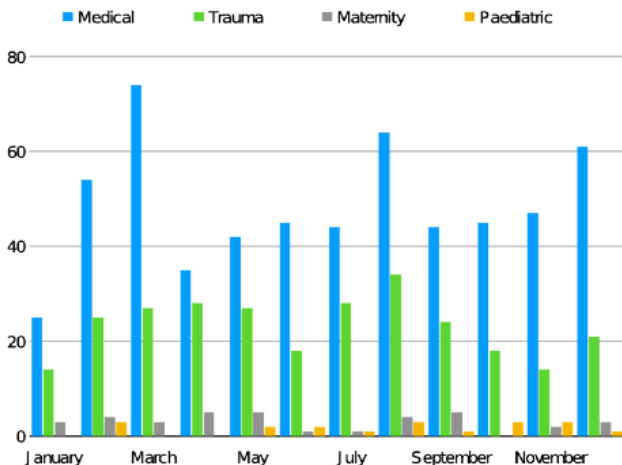
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Emergency Statistics 2024

	Medical	Trauma	Maternity	Paediatric	Level of Care: Advanced	Level Care: Intermediate	Level of Care: Basic
January	25	14	3	0	2	10	30
February	54	25	4	3	17	21	48
March	74	27	3	0	8	13	83
April	35	28	5	0	7	17	44
May	42	27	5	2	11	17	48
June	45	18	1	2	10	13	43
July	44	28	1	1	6	18	50
August	64	34	4	3	12	19	74
September	44	24	5	1	8	21	45
October	45	18	0	3	10	15	41
November	47	14	2	3	3	17	46
December	61	21	3	1	8	16	62
Total per annum	580	278	36	19	102	197	614
Total	913				913		

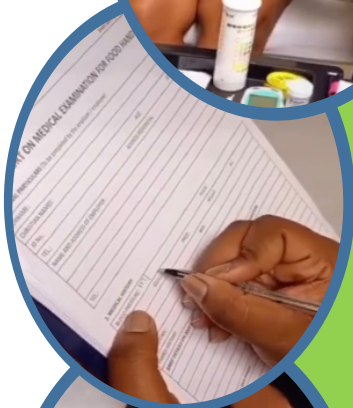


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Drink vinegar, eat a hearty breakfast? Which blood sugar tricks can help you lose weight

If you want to lose weight, you should avoid blood sugar spikes. There are many tips on how to lower glucose in the blood on the Internet. Which ones are useful? Which ones are useless? A check.



Blood sugar, insulin and obesity are closely linked: the hormone insulin transports sugar from the blood into the cells. But it also causes excess sugar to be stored as fat. If insulin levels are often elevated, for example due to snacking, losing weight is difficult. The solution: avoid blood sugar spikes. The magic word glucose keeps coming up - this is the sugar in the blood that is mainly produced by digesting carbohydrates in

food. There are many tips on how to avoid glucose spikes, but not all of them are sufficiently proven. We have therefore examined the most common ones for you.

Claim: A salad as a starter prevents glucose spikes

Fact: There is a main course with a lot of carbohydrates? Then a salad beforehand could prevent a blood sugar spike after eating. The fiber means that the carbohydrates enter the blood more slowly. The starter also satisfies initial hunger, so the main course could be smaller.

Dr. Matthias Riedl, a nutritional doctor, says: "It's a good habit that can prevent blood sugar levels from rising quickly." When it comes to dressings, it's important that they don't contain too much sugar or unhealthy fats. This doesn't just apply to ready-made dressings. Be careful: some types of vinegar, such as balsamic vinegar, also contain a lot of sugar.

Claim: Drinking apple cider vinegar before eating lowers blood sugar

Fact: Apple cider vinegar, diluted with water and drunk before a meal, is said to prevent blood sugar spikes. Acetic acid inhibits the intestinal enzymes that convert carbohydrates into sugar. Riedl thinks this trick makes sense. "It's true that apple cider vinegar can have a positive effect on blood sugar levels," he says. But: "The current studies have too



small a number of participants and refer to people with type 2 diabetes. Further research is needed.”

Claim: Seasoning with cinnamon lowers blood sugar

Fact: Whether in porridge, rice pudding or apple strudel – cinnamon not only refines the taste of food, but also has an effect on blood sugar, as several studies have shown. The problem: The effect is weak and cannot be calculated.

Diabetologist Riedl therefore advises against using cinnamon specifically as a blood sugar reducer: “The exact effect on blood sugar in people with diabetes and those with healthy metabolism is simply too unclear.” Caution is also advised with cinnamon preparations. They sometimes contain coumarin, which can be harmful to the liver in large quantities.

Claim: You should exercise lightly after eating

Fact: Even a short walk after eating leads to increased glucose consumption in the muscles and prevents blood sugar spikes. Expert Matthias Riedl encourages: “Every step counts. Just five to ten minutes can cause blood sugar to drop slightly.”

Claim: A hearty breakfast is good for blood sugar

Fact: It is important to avoid sugar traps in the morning. A hearty breakfast, such as wholemeal bread with low-fat quark and cucumber or a vegetable omelette, should help. “A white roll with jam is not

ideal,” says qualified nutritionist Dr. Astrid Tombek from Bad Mergentheim.

Processed carbohydrates such as white flour are quickly broken down into glucose in the intestines and quickly enter the blood. Better: low-sugar muesli. Tombek: “Wholemeal cereal flakes with nuts and a little fruit are good.”

Claim: Avoid snacks to lose weight

Fact: Three meals a day are ideal for losing weight. If four to five hours pass between meals, insulin levels drop. Only then can the body break down fat. If you want to treat yourself to something sweet, it is better to do so directly after a healthy main meal. Tombek also

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recommends it and explains: "The sugar then doesn't get into the blood as quickly."



Claim: Cleverly combined carbohydrates slow down glucose absorption

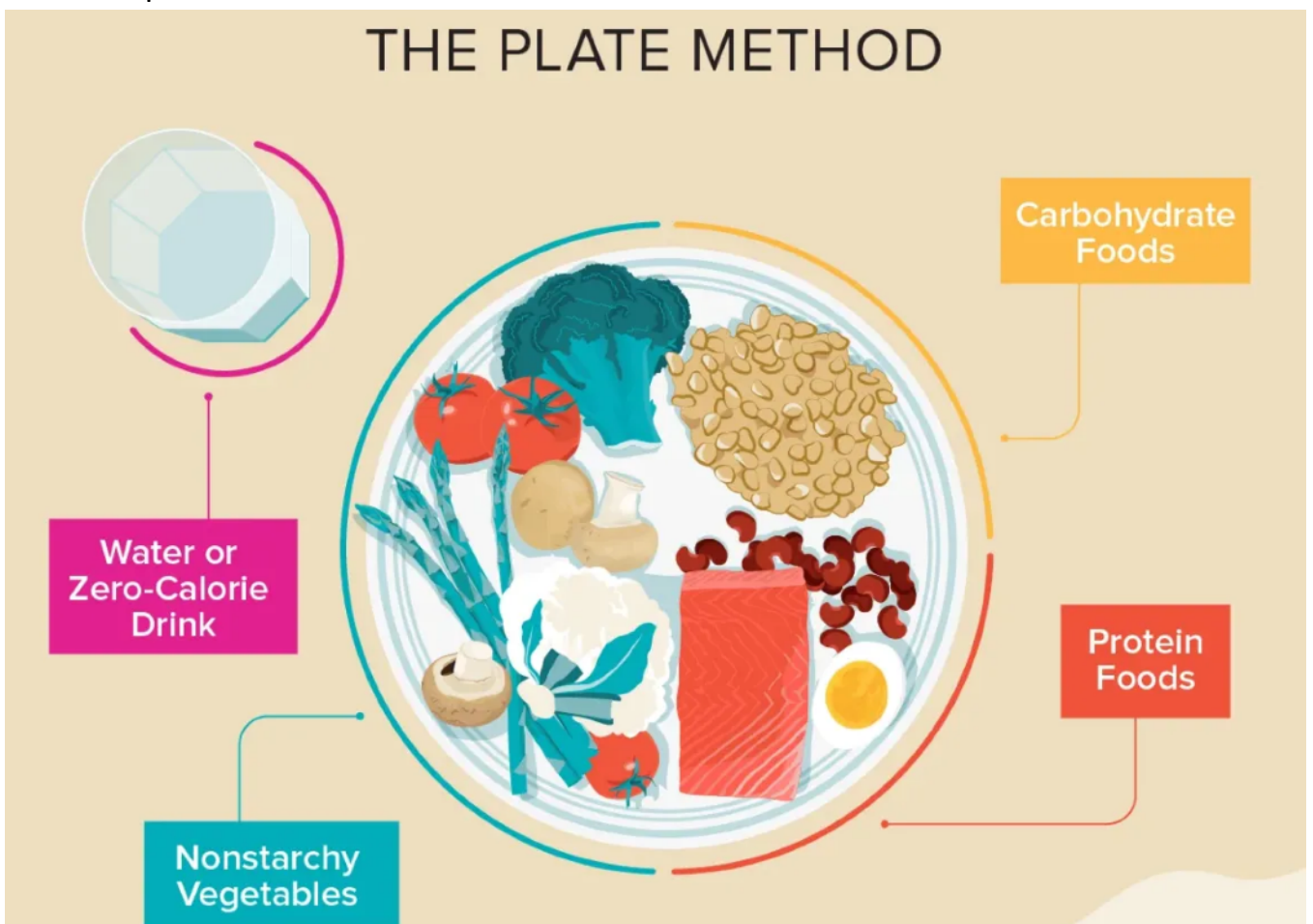
Fact: Simple carbohydrates in particular, such as white rice or pasta, should be eaten with fiber from low-sugar vegetables such as spinach or carrots, as well as protein and fats. This mixture

digests the carbohydrates more slowly and reduces the glucose peak. Tombek supports this. She adds: "If possible, plant proteins or milk proteins and healthy fats such as rapeseed or olive oil should be chosen."

Claim: Relaxed meals regulate blood sugar

Fact: A relaxed approach to food should not be neglected. Even glucose levels could benefit from this. Stress can also lead to peaks, as the body releases more adrenaline. The stress hormone causes blood sugar to rise. And it is anything but relaxed when thoughts only revolve around healthy eating. Riedl advises: "If in doubt, enjoy eating in a relaxed manner rather than just following rules."

THE PLATE METHOD



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Health Series - Fifth disease – mostly harmless, but extremely dangerous for unborn children

Fifth disease can spread like an epidemic in daycare centers, for example, because the symptoms do not appear until late. It is therefore important to be informed about the routes of infection and symptoms

In brief

Experts also call fifth disease “the fifth disease”. Along with scarlet fever, measles, chickenpox and rubella, it is one of the five childhood diseases that can cause rashes. It is caused by the parvovirus B 19. Anyone who has been infected once is usually immune for life. Fifth disease can be dangerous for those with weakened immune systems and pregnant women can lose their unborn baby as a result of an infection. Early diagnosis and treatment are therefore important.



What is fifth disease?

Many preschool children become infected with fifth disease. The disease is caused by the parvovirus B 19. The incubation period, i.e. the time from infection to the appearance of the first symptoms, is usually 6 to 14 days. In Germany, according to the Federal Ministry of Health, 10 to 20 percent of children under the age of three have had an infection, 66 percent of 10 to 19 year olds, up to 70 percent of adults and even 75 percent of those over 65 have antibodies against rubella. Fifth disease does not have much in common with rubella, even if the rash looks similar. It is caused by different viruses. There is a vaccination against rubella, but not against fifth disease.

How do you get fifth disease?

Infected people are mainly contagious as long as the rubella is not yet recognizable as such - that is, in the phase in which non-specific symptoms appear and in the following week. As soon as the rash appears and the child is well, they can usually go back to daycare or school. Important: Of course, it must be certain that the rubella is responsible for the rash. Therefore, it is recommended that you have an unclear rash checked by a pediatrician.

The virus is mainly transmitted through:
Droplet infection: When an infected person sneezes, coughs or speaks, tiny droplets containing viruses are released into the air. If another person inhales





these droplets, they can become infected.

Direct contact with infected people: Direct contact with saliva or nasal secretions from an infected person can lead to the transmission of the virus. This can happen through kissing, sharing cutlery or glasses, and close contact, such as that children have in kindergartens or schools. People infected with parvovirus B19 are already contagious before they show symptoms. It is therefore difficult to avoid infection. However, regular hand washing and avoiding close contact with infected people can reduce the risk of infection. Pregnant women without adequate immune protection should not work in childcare facilities.

Transmission from mother to unborn child: A mother can transmit parvovirus B19 to her unborn child during pregnancy. This can lead to miscarriage, premature birth or severe anemia in the unborn child.

How do you know if you have rubella?

The symptoms can vary, but typically they occur in three stages:

1. Non-specific symptoms (lasting 2-3 days):

- Fatigue
- Headache
- Runny nose
- Mild fever

2. Rash (lasting 7-10 days)

The first stage may be followed by a few days of illness-free time. Then a characteristic red, flat rash on the face becomes visible, often called a "slapped cheek" rash. This rash can spread to the chest, abdomen, back, arms and thighs in the days to come. Sometimes slight swelling or pain in the joints can occur.

3. Healing (up to seven weeks)

The rash fades and can become scaly. The skin changes can become visible again and again up to seven weeks after they first appear.

Often the rash does not develop at all. Although the child has rubella, it is not recognized as such and the disease goes unnoticed. For the parents, it looks as if the child has a flu infection, for example. A doctor can only clearly detect an



infection with a blood test.

Is rubella dangerous?

Rubella is generally not dangerous, especially not for children. Most people recover quickly and do not have any serious problems.

Sometimes adults can also get rubella, but this is rare. However, pregnant women should be alert if they find out that there is a case of rubella in their environment. If they are not immune to the pathogen and become infected, they can pass the virus on to their unborn child via the placenta. The viruses can lead to severe anemia and, as a result, to dangerous fluid retention under the skin and in the organs, known as hydrops fetalis. In the worst case, the unborn child dies as a result. Pregnant women should therefore speak to their gynecologist immediately if there is a possible risk of infection.

People with a weak immune system should also be careful. They could have a more severe case of rubella.

How is rubella treated?

As a rule, rubella is not treated because in most cases it goes away on its own. However, the symptoms can be alleviated and recovery can be supported. Here are some common measures:

Rest and adequate fluid intake: It is important to get enough rest and drink enough to support the healing process.

Fever-reducing medication: If necessary, fever-reducing medication such as paracetamol or ibuprofen can be taken. However, this should be discussed with the pediatrician. It is also important to follow the dosage recommendations.

Treatment of itching and rash: Antihistamines can help relieve the itching caused by the rash. Soothing lotions or creams can also be applied to the skin to relieve discomfort. Again, discuss treatment with the pediatrician!

Important note

This article contains only general information and must not be used for self-diagnosis or treatment. It cannot replace medical advice. Please understand that we cannot answer individual questions.

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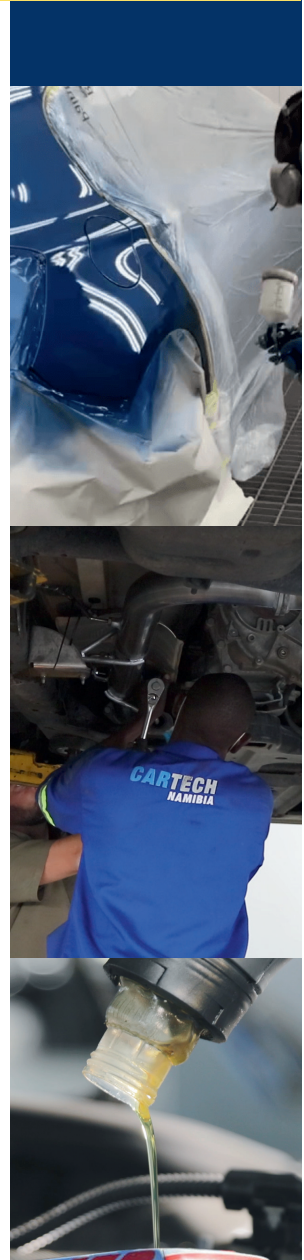
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esophagus), brain diseases or bone fractures. In addition to a normal examination by the doctor, ultrasound images, X-rays, blood or stool tests may also be necessary. An allergy to cow's milk protein (traces of cow's milk can also be transmitted through breast milk) is only very rarely the cause.

If you feel overwhelmed by the screaming child or are even afraid that you might harm your child in a knee-jerk reaction, you should definitely discuss this with your doctor!

Therapy: What helps?

There is no therapy that is sure to be effective for inconsolable crying, and the child itself doesn't seem to know what it wants either. However, you can use many tried and tested tips to create your own individual plan that will make the difficult months easier for the whole family. The most important thing, however, is that

even if you can't imagine it now, after three to four months the stress is usually over overnight. Talk to other parents. You are not alone! One in three families knows what you are talking about. If necessary, get help from a professional: In every major city there are so-called crying clinics (usually in children's hospitals) where you can describe your problem and receive advice from specialists. Ask your midwife or pediatrician for local addresses.

Newborns have to process many new impressions. Give your child a quiet daily routine and make sure they get enough sleep. Routine gives babies security.

If there are other possible causes for the crying attacks (for example, forced positions of the spine and head), manual therapy or osteopathy may be helpful. Talk to your pediatrician about this too.



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Health & Safety - Defining Durability: A Technical Guide to FR/AR Apparel for Safety Managers

Safety managers must consider material quality, proper maintenance, and long-term cost-effectiveness to ensure optimal protection.



In industries where fire and electrical hazards are a risk, the safety of workers depends heavily on the protective clothing they wear. Flame-resistant (FR) and arc-rated (AR) apparel are essential in safeguarding against potential life-threatening injuries. However, the effectiveness of this protective gear is not only determined by its initial quality but also by its durability over time. Safety managers, especially in the utilities, oil and gas, and electrical industries, must understand the key factors that influence the longevity of FR/AR apparel.

Material Considerations

Flame-resistant apparel is made to resist ignition and prevent the spread of flames, while arc-rated apparel protects

against electrical arc flash hazards. Arc rating, measured in calories per square centimeter (cal/cm^2), indicates a garment's ability to withstand an electrical arc event without breaking open, igniting or causing burns.

The durability of FR/AR clothing largely depends on the materials used in its construction. Common materials include engineered cotton, Nomex, Kevlar, and blends of these fibers with other synthetics, each with strengths and weaknesses for durability.

Engineered cotton, for instance, undergoes a chemical process to impart flame-resistant properties. While cost-effective—if not sourced from a reputable fabric manufacturer with a long-standing history of providing the industry with reliable materials—these types of fabrics can lose their flame-resistant qualities over time, especially if not properly maintained. On the other hand, inherently flame-resistant fibers like Nomex maintain their protective properties throughout the garment's life, even after repeated washing and wear. These materials are also known for their exceptional strength, making them popular choices, especially for organizations that utilize industrial laundry rental programs.

The weave of the fabric also plays a significant role. For example, tighter weaves may provide greater resistance to wear and tear, making the garment more



durable. Additionally, certain weaves can enhance the fabric's ability to resist abrasion, further extending the life of the apparel. Talk to the fabric manufacturer or request more information from your garment provider about different weave options and their impact on durability..

International are standards set for both FR and AR apparel to ensure they provide adequate protection in hazardous environments, including NFPA 70E and 2112. Compliance with these standards is non-negotiable; however, ensuring that FR/AR garments remain compliant over time requires attention to their durability. As garments age and endure repeated laundering and exposure to harsh conditions, their protective properties can diminish if not sourced from a manufacturer with a proven history in

the marketplace and product guarantees in place. It's a safety manager's job to stay vigilant in monitoring the condition of protective apparel and replacing garments that no longer meet the required standards.

Impact of Care and Maintenance Methods

One of the most critical aspects of maintaining the durability of FR/AR apparel is proper laundering. Incorrect washing methods can degrade the fabric and diminish the garment's protective qualities. Safety managers should establish strict laundering protocols, whether the garments are washed in-house or by an industrial laundry service. It's essential to use detergents specifically designed for FR clothing and to avoid harsh chemicals that can weaken

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This guide is for general information purposes only. It is not a substitute for review of applicable standards.

the fabric. Additionally, following the manufacturer's care instructions is crucial to preserving the durability and effectiveness of the apparel.

When sourcing materials for PPE programs, a critical specification to include is a guarantee from the fabric manufacturer that the FR protection will last the life of the garment. With more knockoff and unproven import materials entering the market, working with certified manufacturers with these guarantees in place will ensure that the protection characteristics of FR/AR apparel remain intact even if the fabric itself begins to show signs of wear and tear.

It's important to know that the NFPA 70E standard only requires fabric to maintain the required standards after 25 wash and dry cycles, while fabrics that must adhere to the 2112 testing are required to meet

standards set after 100 industrial laundering cycles.

Cost-Effectiveness and Durability

While durable FR/AR apparel may come with a higher initial cost, it's important to consider the long-term value these garments provide. Investing in high-quality, durable protective clothing can reduce the frequency of replacements, leading to cost savings.

Safety managers should weigh the initial investment against the potential costs of frequent replacements and the risk of reduced protection from worn-out garments. Sourcing materials from fabric manufacturers with domestic facilities and customer service teams can ensure any issues and claims are resolved quickly and likely with no additional cost. Spending more upfront on durable apparel can result in significant savings over time, both in terms of direct costs and in minimizing the risk of workplace



injuries.

Maintenance practices directly impact the cost-effectiveness of this specific type of PPE. By maintaining the integrity of the protective clothing, safety managers can ensure workers remain protected, minimizing the risk of costly accidents and injuries. Diligent maintenance, such as training on care and selecting the right laundering services, can also maximize return on investment.

Investing in high-quality FR/AR apparel and maintenance practices enhances safety as well as cost-effective protection. By prioritizing durability, safety managers can make the decisions that safeguard

their workforce and uphold the highest standards.

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Emergency Call dial 9112

www.ema-organisation.pro

There when you need us



Fasten your

Seat Belt



Emergency Call: 9 1 1 2

Fun Time - Joke of the week

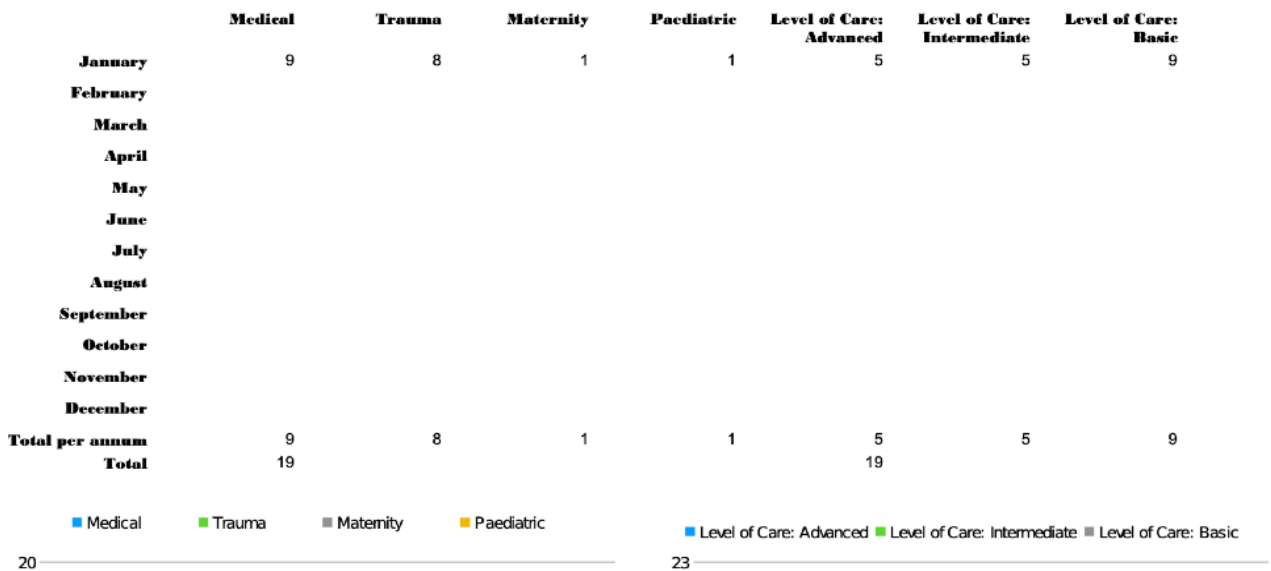


WHAT DO YOU CALL A BOOMERANG THAT WON'T COME BACK?

A Stick.

You can help E.M.A. to help others by becoming a supporting member
 more information on www.ema-organisation.pro

E.M.A. Emergency Statistics, updated 7.1.2025



Emergency Call: 9 1 1 2

DID YOU KNOW ?!

E.M.A. is the only nonprofit organisation for Emergency Medical Assistance in Namibia

#emarescue

**Please support
the good work
of the nonprofit
organisation
E.M.A.**

Please donate to:
Bank Windhoek
E.M.A. nonprofit org.
Maerua Mall Branch
ACC No 801 582 7019
Swift Code: BWLINANX

or become a supporting member



Emergency Call

SOS

dial 9112



www.ema-organisation.pro



Emergency Call: 9 1 1 2

E.M.A. nonprofit organisation say THANK YOU to our supporters:

Platinum Supporter



www.osh-med.pro



www.westcarenam.com



www.metjeziegler.org



Gold Supporter

Silver Supporter



Bronze Supporter



Become a supporter

It is easy to become a supporter as private person or as company.
Apply with us to become a supporting member that we can fulfil our objectives.
Contact us:

Email: ema-organisation@osh-med.pro

Website: www.ema-organisation.pro

Telephone: +264 (0) 61 302 931



Emergency Call: 9 1 1 2



Emergency Call



Important information to give:

- **Where** is the emergency?
- **What** happened?
- **What** kind of injuries?
- **How many** injured person
- **Waiting** for further question

Emergency Numbers:

Ambulance services:

E.M.A. Rescue Service

9112

Fire Brigade:

Windhoek

061-21 1111

Police:

NamPol

10 111

City Police (Whk)

061-302 302

MVA Fund

9682

(all numbers are from GRN or non-profit organisations)



d.o.c.
Service Hotline
085 - 9112

OSH-Med International and Emergency & Medical Assistance Service Hotline: 061 – 302 931



Emergency Call: 9 1 1 2